

Help Clean Up Our Water

In some way, we all contribute to pollution that can contaminate our lakes and streams. Although many kinds of bacteria occur naturally in the environment, bacteria from human and animal waste also washes into our waters. Here are some ways you can help keep our waters safe for swimming:

- Pick up pet waste. Don't leave it in the street or yard.
- Plant or leave vegetation along waterways to filter pollution.
- Keep domestic animals out of waterways.
- Properly maintain your septic system.
- Report sewer leaks and manhole overflows to your local utility or DHEC.

Learn More

For more information about the South Carolina swimming advisories, call our hotline toll-free at **1-800-360-5655** or visit our Web site: **www.scdhec.gov/swim**



www.scdhec.gov

*We promote and protect the health of the public
and the environment.*

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South Carolina DHEC Swimming Advisories



Smart Choices for Healthy Swimming

Enjoy South Carolina's Natural Waters Safely

South Carolina is blessed with more than 30,000 miles of rivers and streams where folks can cool off on a hot day. Swimming in particular is a great way to enjoy some time outside with friends and family.

However, you should always be informed when taking a dip in natural waters. This guide will help you learn about the possible health risks of swimming in rivers and streams and what everyone can do to help keep our waters clean.

Know Where to Swim

CAUTION SWIMMING ADVISORY

BACTERIA LEVELS HAVE EXCEEDED STATE STANDARDS
SWIMMING HERE MAY MAKE YOU SICK

For more information visit South Carolina Department of Health and Environmental Control at <http://www.scdhec.gov/swim> or call 1-800-337-5855



PRECAUCIÓN ADVERTENCIA SOBRE NADAR

LOS NIVELES DE BACTERIA HAN EXCEDIDO LOS CRITERIOS DEL ESTADO
NADAR AQUÍ PUEDE ENFERMARLE

Para más información visite la página de red del Departamento de Salud y Control Ambiental de Carolina de Sur en www.scdhec.gov/swim o llame al 1-800-337-5855



The South Carolina Department of Health and Environmental Control (DHEC) tests rivers, lakes and streams all over the state. If these tests show high amounts of bacteria in places where people commonly swim, DHEC puts up a swimming advisory sign to warn the public. Visit www.scdhec.gov/swim for a map of current swimming advisories.

Understand the Risk

It's possible to get sick from swimming in any river, lake, or stream, but there is a greater chance in waters with more bacteria. Most bacteria will not harm you, but some can cause diseases. These dangerous germs are usually found in waters that contain higher than normal amounts of bacteria.

Your chances of becoming sick increase when you swallow water or put your head under the water. The most common illness is gastroenteritis. It can cause nausea, vomiting, stomach ache, fever, headache, and diarrhea. You could also have eye, ear, nose, and throat problems after swimming.

Keep Your Family Healthy

While you cannot always protect yourself from getting sick while swimming in natural waters, you can be aware of advisories and choose not to swim in those areas. Children, pregnant women and people with weak immune systems should be especially careful since they are at greater risk of getting sick. If you do decide to swim, don't swallow the water. Also, avoid swimming in warm, still waters or right after it rains.